

First Aide

28. Describe Emergency Medical Services.
 - A. Identify and describe the six parts of the EMS system and the function of each part of the EMS system.
 - B. Describe your role in the EMS system.
 - C. Identify the most important action you can take in a life-threatening emergency.
 - D. Recognize the common barriers to action that may prevent people from responding to emergencies.
 - E. Identify ways bystanders can help at the scene of an emergency.
 - F. Define the conditions that have to be present for a disease to be transmitted in a first aid situation.
 - G. Identify the emergency action steps and describe each.
 - H. Identify important questions to be answered when checking the emergency scene.
 - I. Explain what you should do if an unsafe scene prevents you from reaching the victim.
 - J. Recognize the things you must tell the victim to get permission to give care.
 - K. Explain when and how to call EMS personnel.
 - L. Recognize the conditions considered life threatening in an emergency situation.
29. Perform an Emergency Assessment.
 - A. Identify the five body cavities and the major structures in each cavity.
 - B. Identify the body systems and the major structures in each system.
 - C. Describe the primary functions of each of the body systems and apply how body systems work together.
 - D. Describe the consequences of having a problem occur in one or more of the body systems.
 - E. Identify the four life-threatening conditions and demonstrate how to perform the check for each life-threatening conditions.
 - F. Identify the questions you would first ask the victim or bystanders in an interview.
 - G. Describe how to perform a check for nonlife-threatening conditions.
 - H. List six guidelines for preventing disease transmission.
 - I. Describe how to check infants and children for life-threatening and nonlife-threatening conditions.
 - J. Explain what influences your decision whether to transport a victim to a medical facility.
 - K. Demonstrate how to check for life-threatening emergencies.
 - L. Demonstrate how to make appropriate decisions when given an example of an emergency situation requiring you to check a victim.
30. Provide First Aid for Respiratory and Cardiac Emergencies.

- A. Describe the breathing process.
- B. Identify ten signs and symptoms of respiratory distress.
- C. Describe the care for a person experiencing respiratory distress.
- D. Identify two common childhood illnesses that may cause respiratory distress.
- E. Describe the purpose of rescue breathing.
- F. Describe when and how to provide rescue breathing for an adult, child, and infant.
- G. Describe when and how to use breathing devices.
- H. Describe special considerations for rescue breathing.
- I. Identify five causes of choking for adults, children, and infants.
- J. Describe the care for conscious and unconscious choking for adult, child, and infant victims.
- K. Demonstrate how to provide rescue breathing for adult, child, and infant victims.
- L. Demonstrate how to care for conscious adult, child, and infant choking victims.
- M. Demonstrate how to care for unconscious adult, child, and infant choking victims.
- N. Demonstrate how to make appropriate decisions when given an example of an emergency situation in which a person may be experiencing respiratory distress or arrest.
- O. Identify the common causes of heart attacks.
- P. List the signs and symptoms of a heart attack.
- Q. Describe the care for a person suffering a heart attack.
- R. Identify the primary sign of cardiac arrest.
- S. Describe the purpose of CPR.
- T. Explain how to give CPR to adults, children, and infants.
- U. List the conditions in which a rescuer may stop CPR.
- V. Identify the risk factors for cardiovascular disease that can be controlled.
- W. Demonstrate how to give CPR to adults.
- X. Demonstrate how to give CPR to children and infants.
- Y. Demonstrate how to make appropriate decisions in an emergency situation in which a person is experiencing persistent chest pain.
- Z. Demonstrate how to make appropriate decisions in an emergency situation in which a person has suffered a cardiac arrest.

31. Demonstrate Automated External Defibrillator.

- A. Describe the rationale for early defibrillation.
- B. Describe the abnormal heart rhythms commonly present during cardiac arrest.
- C. Explain what defibrillation is and how it works.
- D. Discuss when defibrillation is appropriate and when it is not.
- E. Explain the role of CPR in cardiac arrest.
- F. Explain the general differences between manual and automated external defibrillation.

- G. Identify the general steps for the use of an automated external defibrillator (AED).
- H. List precautions for the use of an AED.
- I. Identify special resuscitation situations that can arise when using an AED.
- J. Identify elements that should be considered when establishing an early defibrillation program.
- K. Demonstrate how to properly use an AED in a cardiac arrest situation.
- L. Demonstrate the ability to make appropriate decisions while using an AED for a victim of cardiac arrest.

32. Provide First Aid for Bleeding & Shock.

- A. List major functions of blood and explain why severe bleeding must be controlled immediately.
- B. Identify signs of life-threatening external bleeding.
- C. Describe care for external bleeding.
- D. Describe how to minimize the risk of disease transmission when providing care in a situation that involves visible blood.
- E. Identify signs and symptoms of internal bleeding.
- F. Describe the care for internal bleeding.
- G. Demonstrate how to make appropriate decisions in an emergency situation in which a person is bleeding externally.
- H. Analyze how to make appropriate decisions in an emergency situation in which a person is bleeding internally.
- I. List conditions that can result in shock, signs and symptoms of shock.
- J. Demonstrate what care can be given to minimize shock.

33. Provide first Aid for Soft Tissue and Musculoskeletal Injuries.

- A. Recognize signs and symptoms of closed wounds.
- B. Describe the best defense against infection of an open wound.
- C. Recognize signs and symptoms of an infected wound.
- D. Demonstrate how to care for an infected wound.
- E. Demonstrate bandaging, including how to care for open and closed wounds and wounds with an impaled object.
- F. Recognize sources and types of burns.
- G. Explain when to call EMS personnel for a burn.
- H. Describe the basic steps for care of thermal, chemical, electrical, and radiation burns.
- I. Identify the four main structures of the musculoskeletal system.
- J. Recognize common signs and symptoms of musculoskeletal injuries.
- K. Demonstrate the care for musculoskeletal injuries and how to care for serious musculoskeletal injuries.
- L. Recognize the purposes of immobilizing an injury and demonstrate principles of splinting.

34. Provide First Aid for Specific Injuries.

- A. Recognize signs and symptoms that suggest a serious extremity injury.

- B. Demonstrate how to care for injuries to the shoulder, upper arm, and elbow.
- C. Demonstrate how to care for injuries to the forearm, wrist, and hand.
- D. Recognize specific signs and symptoms of a fractured thigh, lower leg, knee, ankle, and foot and demonstrate care.
- E. Describe the most common cause and signs and symptoms of head, neck, and back injuries.
- F. List nine situations that might indicate serious head, neck, and back injuries.
- G. Demonstrate how to minimize movement of the victim's head and spine.
- H. Recognize three circumstances in which you do not move the victim's head in line with the body.
- I. Demonstrate how to care for specific injuries to the head, face, neck, and low back.
- J. Analyze why injuries to the chest, abdomen, and pelvis can be fatal.
- K. Recognize the seven signs and symptoms of chest injury and demonstrate care for rib fractures and a sucking chest wound.
- L. Recognize signs and symptoms of serious abdominal and pelvic injuries.
- M. Demonstrate the care for open and closed abdominal and pelvic injuries.
- N. Demonstrate how to care for injuries to the genitals.

35. Provide First Aid for Medical Emergencies.

- A. Identify the signs, symptoms, and care of four sudden illnesses.
- B. Demonstrate the care for a person who faints.
- C. Demonstrate the care for a person who you suspect is having a diabetic emergency.
- D. Demonstrate the care for a person having a seizure and recognize when you should call EMS personnel for a seizure victim.
- E. Describe the care for a person who you suspect is having a stroke.
- F. Discuss ways to reduce the risk of stroke or transient ischemic attack (TIA).
- G. Recognize the four ways poisons enter the body.
- H. Identify signs and symptoms of poisoning.
- I. Describe the role of a poison control center (PCC).
- J. Recognize the general guidelines of care for any poisoning emergency.
- K. Describe how to care for a victim of ingested, inhaled, and absorbed poison.
- L. Identify the signs and symptoms of anaphylaxis.
- M. List seven ways to prevent ingested, inhaled, and absorbed poisoning.
- N. Identify five signs and symptoms of the most common types of bites and sting.
- O. Discuss how to care for an insect, spider, and scorpion sting; a tick bite; snakebites; marine life bites or stings; domestic or wild animal bites; and human bites.
- P. Discuss ways to protect yourself from insect and tick bites.

- Q. Recognize the signs and symptoms that may indicate substance misuse or abuse.
- R. Describe how to care for someone who you suspect or know is misusing or abusing a substance.
- S. Explain how you can help prevent unintentional drug misuse.
- T. Identify three conditions that can result from overexposure to heat.
- U. Recognize signs and symptoms of heat exhaustion.
- V. Recognize signs and symptoms of heat stroke.
- W. Describe the care for heat-related illness.
- X. Recognize signs and symptoms of frostbite.
- Y. Describe the care for frostbite.
- Z. List signs and symptoms of hypothermia.
- AA. Describe the care for hypothermia.
- BB. Describe ways to help prevent heat- and cold-related illness.

36. Describe First Aid for Special Situations.

- A. Recognize situations in which an emergency move of a victim is necessary.
- B. Recognize limitations you should be aware of before you attempt to move someone.
- C. Describe guidelines you should follow when moving someone.
- D. Demonstrate how to perform four emergency moves.
- E. Demonstrate the most appropriate emergency move for a victim of suspected head or spine injury.
- F. Describe out-of-water assists that you can use to help someone who is in trouble in the water.
- G. Describe in-water assists that you can use to help someone who is in trouble in the water.
- H. Recognize the general guidelines for caring for an injured person in the water who you suspect may have a spinal injury.
- I. Describe methods to support or stabilize a victim's head and neck in the water.
- J. Describe considerations for checking an infant, a toddler, a preschooler, a school-age child, and an adolescent.
- K. Explain how to observe an ill or injured child and how to communicate with the parents or caregiver.
- L. Describe how to check an older adult.
- M. Describe problems that can affect older adults and the implications for care.
- N. Simulate ways of communicating with victims who are hearing impaired.
- O. Explain your options when trying to communicate with a victim with whom you have a language barrier.
- P. Plan what you should do if you come across a crime scene or hostile victim.
- Q. Recognize the four stages of labor.

- R. Identify factors you need to know to determine the mother's condition before the birth.
- S. Identify equipment and supplies needed to assist with the delivery of a baby.
- T. Describe techniques the expectant mother can use to cope with labor pain and discomfort.
- U. Describe how to assist with the delivery of a baby.
- V. Identify the two priorities of care for a newborn.
- W. Describe steps to take in caring for the mother after delivery.
- X. Identify possible complications of childbirth that requires EMS care.
- Y. Recognize types of problems that could create a delayed-help situation.
- Z. Describe the information you should gather in a delayed help situation before making a plan to get help.
- AA. Describe the four options to consider in getting help in a delayed-help situation.
- BB. Identify the steps to take before leaving a victim alone for an extended period of time.
- CC. Demonstrate how to protect a victim from heat or cold.
- DD. List four ways to get help in a delayed-help situation.
- EE. Describe four types of shelters you can use or construct.
- FF. List three general types of preparation for venturing into an environment where help may be delayed.
- GG. List three general strategies for preventing injuries.
- HH. List four steps you can take to reduce your risk of personal injury.
- II. List two steps you can take to help ensure vehicle safety.
- JJ. List four elements of a fire escape plan.
- KK. List three leading causes of accidental home death.
- LL. Identify 15 ways to make your home a safer place.
- MM. List five ways to improve safety at work.
- NN. List 17 ways to improve safety at play.
- OO. Describe the contents of the current food labels.
- PP. List in order the food groups shown on the Food Guide Pyramid.
- QQ. List six physical indicators of negative stress.
- RR. List five risks of smoking.
- SS. Identify 11 ways to keep alcohol consumption under control.